

“Rising to challenges and increasing well-being”

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Content and training objectives

How can I reliably remain productive, healthy and happy when facing a high workload? With the ever increasing complexity of our world, this question becomes more important and at the same time harder to answer.

This seminar pursues precisely these issues:

- How can I increase my resilience, productivity, work and life satisfaction?
- The importance of recognizing how one’s basic needs, coping strategies, motivation and values interact with one’s work satisfaction, work spirit and performance
- We examine the consistently up-to-date problems of how to run relationships positively and communicate constructively
- Which factors of processes of change sabotage me and which support me, enabling me to remain successful and healthy despite adverse circumstances?

In this seminar we are going to learn how to use conscious self-management to transition ourselves into a more capable, salubrious and efficient state. At that, we are becoming aware of our own resources and develop plans to utilize them constructively in the daily work routine.

Our theoretical input is based on *positive psychology*, a new branch of psychology, system. Coaching, salutogenesis and resilience.

Theoretical inputs that aim to facilitate our understanding alternate with practical exercises suitable for everyday life.

Date: **Thursday, June 7 & Thursday, June 8, 2018,**
9 a.m.-5 p.m.

Venue: **N01.019**, Biomedical Center LMU, Großhaderner Str. 9, 82152 Planegg-Martinsried

